



The Sagittarius Files

Vittorio Frangilli

Training Indoors for Outdoors

The Sagittarius Files—Training Indoors for Outdoors—Files 38 and 39 / 30 August 1999 / 3 September 1999

The original files can be found at:

File 38 - <http://margo.student.utwente.nl/cgi-bin/bb/bb.pl?sagibb&store=38>

File 39 - <http://margo.student.utwente.nl/cgi-bin/bb/bb.pl?sagibb&store=39>

This discussion about training indoor for outdoor has been started by a specific request from Ireland. The contributors to this discussion are from Ireland, Canada, USA, Great Britain, and Italy.

{Monday, 30 August 1999 at 16:06 MET}

Ewan Oughton:

How do I simulate outdoor shooting in an indoor range? The indoor season has arrived here in Ireland, and we don't want to go stale . . .

{Monday, 30 August 1999 at 20:42 MET}

Rik:

Ewan, simulating outdoor shooting: stand under a cold shower and have people blow hair driers at you, that should hit the average Irish weather conditions .

..

But seriously, there is no easy way to simulate outdoor conditions indoors unless you have facilities like Beiter's. Indoor 70m ranges are thin on the ground. Even with a target face which looks the same size as a 4 foot face at 90/70m you're not going to have the same "tilt" to your body, so the shot won't feel the same.

{Tuesday, 31 August 1999 at 10:39 MET}

Vittorio:

Ewan, a reasonable solution for training indoor for the outdoor season is to shoot at 25 mt on 40 cm face put on top of a matt (around 170 cm height). After many years of using this system, I can say that results

are quite comparable to 70/50 mt outdoor and target perception is almost the same . . .

{Thursday, 2 September 1999 at 7:10 MET}

Steve:

Ewan, let me suggest a slight variation to Vittorio's method for simulating long distance shooting indoors. It is a bit of trouble, maybe too much for what it gains you, but that is up to you to decide.

OK, let's say you are going to shoot at 18 meters. Most people don't have access to a 25 meter range. You need two 40 cm targets. They will look a little too big, of course, but no big deal. Set the first target at a height that makes it appear just as it would if it were a larger target out there at 70 or 90 meters. It doesn't have to be on a bale. It isn't going to get hit by any arrows, as you will see. Now, here's the slightly tricky part. Set your sight for 70 or 90 meters, whichever you wish to simulate. Don't worry. You won't bust any arrows by missing over the top of the bale because you are going to raise the bale before you shoot. (Don't ever move that first target, though.) How high to place it depends on your arrow velocity. If you're not sure, raise your sight little by little and raise the bale as necessary to catch all your arrows. Once you have the aperture all the way down to its normal 70 (or 90) meter mark, you will be shooting just like you are when you shoot outdoors. You have to tilt your body to get the correct trajectory on your arrows, but you are sighting completely level, so your head position is the same as it would be if you were really shooting outdoors. Now, put the second target up there where your arrows are hitting the bale. It doesn't have to be positioned exactly because once it is there you can adjust your sight to hit it in the center. Measure the height difference between the two targets and you can set it up any time you like. That's it. You aim at the lower target, but you score on the upper target where your arrows hit. It works, try it.

Continued on the Next Page

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This method simulates one other aspect of long distance shooting that Vittorio's method does not. If you tilt your bow, the arrows will impact off to the side. Maybe not as much as with the actual outdoor distance, but way more than normal for 18 meters.

Too much trouble? Maybe, maybe not. Tell me what y'all think.

{Thursday, 2 September 1999 at 12:49 MET}

Vittorio:

Simulating outdoor shooting . . . Steve, your method surely takes care of long distance bow elevation more than what you do keeping the face at 170 cm at 25 mt, but frankly I have to say that at 18 mt only you can not really train for outdoor. There are many factors that influence the shot at long distances, and the majority of them are related to perception in 3-D of the space around, the view of the flight of the arrow and the view of the target and sight combination. These are more important than 5 to 10 degrees more on bow elevation. Also, at 18 mt it is dangerous for the shafts to shoot more than 3 arrows in the same face, so you can not really simulate the 6 arrows/4 minutes rhythm . . .

If you really only have 18 mt available, your method should be anyhow the only one possible, but better to use a 30 cm face, unfortunately not existing (apart from LV triple version), so you'll have to print it by yourself.

{Thursday, 2 September 1999 at 22:47 MET}

Marty Sasaki:

Small target faces . . .

Isn't there a smaller target face for crossbows? Perhaps that would be a better target face than a 40cm. It certainly would be easier than printing one yourself.

{Friday, 3 September 1999 at 0:16 MET}

David:

Small target faces are readily available. Take a 40 cm face to a copy center (Kinkos, Copy Cop) and have them photo-reduce it into a smaller, color copy. Glue the copies to cardboard so they hold up better. Not the most convenient, but we don't have many other options.

{Friday, 3 September 1999 at 6:22 MET}

Steve:

Vittorio, you are correct, of course that anything you do indoors at 18 meters will be a poor imitation of outdoor shooting. As you indicate, outdoor has a completely different feel to it. Humour me, though. I am willing to go to a lot of trouble to get a simulation that is only 5% effective. For me, it's better than

nothing. I get very little opportunity to train outdoors. If you want a good laugh, I will tell you what I do for most of my practice. I use the exact method I outlined in my previous note, but I do it in by bedroom at a distance of about 5 meters. I use tiny little targets that I make on a color printer with use six of them on a single sheet of paper. This way, I only have to put one in each target and therefore never mess up an arrow. The upper targets don't need color, as I use them only for scoring, so they are simply little sets of rings. I laminate the color ones so they last a long time until sometime when I forget to move my sight from an indoor distance and put an arrow through it by accident. How's that, pretty sick, huh?

☺

Edited by Vittorio Frangilli from the Sagittarius Files. No changes have been made to the original postings, apart from omission of their "out of topics" parts.

Vittorio Frangilli shot an 1100 in a FITA Star in 1977, but his highest score never reached the 1200 level. He qualified several times to shoot the Italian Field Championships, but never medaled. Being one of the top archers in Italy and unable to find an established local archery coaching school he started studying and coaching archery using written manuals and books coming from the USA and Canada.

From 1986, when his son Michele had his first official archery competition, his life changed a lot and slowly he moved from the "archer" side to the "coach" side. Under his coaching, a total of 38 Italian Champion titles in Target, Indoor, and Field Archery (individual and team) have been won.

He likes coaching children and getting them growing "inside" archery. Michele's daughter Carla, 12 years old, is shooting since age 6 and is also very promising.

In full collaboration with his son Michele, he does advanced testing of new materials for major Italian manufacturers of archery equipment and often writes articles for archery magazines.

